The Invalid's Tea Tray

BY
SUSAN ANNA BROWN

1885.
-BOSTON-
JAMES R. OSGOOD & CO.

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THE INVALID'S TEA-TRAY.

THE INVALID'S TEA-TRAY

BY SUSAN ANNA BROWN

AUTHOR OF "FORTY PUDDINGS," "IN BRIDGET'S VACATION," ETC.

BOSTON

JAMES R. OSGOOD AND COMPANY

1885

Estate of Miss Marina Parlee
Dec. 7. 1909

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TO

THE FAMILY PHYSICIAN,

"Whose genial visit in itself combines
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HINTS.

THE first requisite in serving the meals of an invalid is absolute neatness. Spread a clean napkin over the salver; use the prettiest dishes you have; and, if you can offer nothing better than a toasted cracker and a cup of tea, let everything be good of the kind, and daintily served. A slop of tea in the saucer, a burnt side to the cracker, a sticky spoon, may spoil what might have seemed an attractive breakfast.

Do not give a sick person the labor of deciding with regard to the bill of fare. Vary the meals as much as possible, and let each little delicacy be a surprise.

Have the hot things really hot, and the cold ones perfectly cold; and offer only a very small quantity of food at a time, or you will never be able to tempt the capricious appetite of an invalid.

Fibrous Beef Tea.

CUT nice round or sirloin steak into cubes an inch or so square. Dry in the warming oven for thirty-six hours; it will then be perfectly hard, and can be broken into small bits. Grind in a clean coffee mill, and allow one tablespoonful of the powder, to a tumblerful of hot water. It will all dissolve. Add salt to taste, and butter, if desired.

Beef Tea.

CHOP one pound of lean beef, put in a tin dish with one pint of cold water. Cover tightly, and put on the stove. Let it be fifteen minutes coming to a boil. Boil three minutes. Drain off, and add salt to taste.

Savory Beef Tea.

CHOP two pounds of lean beefsteak (raw); add half a teaspoonful of salt, and a very small onion with three cloves stuck in it, a stalk of celery or a little celery-seed, a bit of carrot as large as a silver dollar, and small sprigs of thyme, parsley, and marjoram, if you have them. Cover with one quart of cold water, and let it stand an hour or two. Then heat gradually, and when it has boiled gently for five minutes, strain and serve.

Essence of Beef.

CUT lean, juicy beef into small pieces, and put in a glass jar. Put on the cover, but do not screw it on. Set the jar in a kettle of cold water. Heat slowly until it boils; then screw the top of the jar down, and keep boiling for two hours. Drain off the liquid in the jar, and salt to taste.

Beef Tea with Oatmeal.

Mix one tablespoonful of oatmeal with one tablespoonful of cold water until perfectly smooth, then add one cupful of strong beef tea. Boil for five minutes, stirring constantly, and strain through a sieve.

Beefsteak Tea.

CUT all the fat from a piece of nice beefsteak as large as your hand. Broil three minutes over very hot coals. Lay it in a dish, sprinkle on a little salt, and pour over it one teacupful of boiling water. Then cut it in small pieces as it lies in the water. Cover closely, and keep it for half an hour where it will be hot, but not boil.

Beef Ice.

MAKE beef tea as directed on page 14, and freeze. Fevered patients can sometimes take this when they cannot endure hot beef tea. Freeze as directed on page 67.

Browned Beef.

SCRAPE raw beefsteak with a sharp knife, and brown the pulp thus obtained slightly in a hot spider.

Beef Juice.

POUND juicy beefsteak, heat through, and then squeeze out the juice with a lemon-squeezer. Add salt to taste.

Beef and Rice.

WASH thoroughly one quarter of a cup of rice, pour on one cup of boiling water, add a pinch of salt. Cook in a teakettle-pail, or double boiler, for twenty minutes; then drain off all the water, cover tightly, and cook fifteen minutes more. Broil a thick tenderloin steak a minute over a very hot fire, then with a lemon-squeezer press out all the juice over the hot boiled rice.

Raw Beef Diet.

POUND raw steak in a mortar, or scrape it with a knife; remove all fat and sinew; add salt to taste. Before using, put the cup containing it in a dish of hot water, and heat the meat slightly. This may be spread on thin slices of bread and butter to form sandwiches.

Milk Porridge.

ONE cupful of milk, one cupful of water. When boiling hot, add one tablespoonful of flour wet with cold water, and a little salt. Boil together, stirring until it thickens.

Put half a Boston cracker, nicely toasted, into the bowl before pouring in the porridge.

Hecker's farina may be substituted for flour, if preferred.

Cracker Gruel.

POUR one cupful of boiling water over four tablespoonfuls of powdered cracker. Stir until smooth. Then set the dish containing it in a pan of hot water, and cook until it thickens. Add a quarter of a teaspoonful of salt, and sugar, if preferred; then add enough hot milk to make it the desired consistency.

Arrowroot Porridge.

BOIL one cupful of milk, and then stir in two teaspoonfuls of arrowroot wet with three tablespoonfuls of cold water. When it thickens, take from the fire and flavor with sugar and lemon juice to taste.

Water Gruel.

MIX two tablespoonfuls of Indian meal with a little cold water. Have ready two quarts of boiling water in the teakettle-pail, or double boiler; stir in the meal, and boil for two or three hours. Add one small teaspoonful of salt.

Mrs. Lincoln's Oatmeal Gruel.

POUND half a cup of coarse oatmeal until it is mealy. Put in a tumbler, and fill with cold water. Stir well, and let it settle. Pour off the water carefully into a saucepan. Do this three times. Boil the water twenty minutes. Add one saltspoon of salt. Strain, and serve hot. Cream, or essence of beef may be mixed with it, as desired.

Raisin Porridge.

CUT a dozen large raisins in pieces, and boil half an hour in a little water. When the water has all boiled away, add one cupful of milk. When it boils, stir in a thickening made of one teaspoonful of flour and a little cold milk. When smooth, and as thick as custard, remove from the fire, and add a quarter of a teaspoonful of salt.

Rice Gruel.

WET one heaping teaspoonful of ground rice with a little cold water, add a pinch of salt. When smooth, stir it into one cupful of boiling water. Let it boil up once. This can be made with equal parts of milk and water, if preferred.

Nourishing Soup.

WASH one heaping tablespoonful of pearl sago; pour over it one cupful of cold water, and let it soak for ten or fifteen minutes, then put it on the stove and cook until it is perfectly tender and very thick. Have ready a quarter of a cup of boiling cream. Stir into it the beaten yolk of an egg, and when well mixed, add the sago. Have a pint of good beef tea boiling, and mix while both are hot.

Mutton Broth.

PUT three pounds of lean mutton, bones and all, into a quart of cold water. Add half a small onion, a little salt and pepper, and two tablespoonfuls of raw rice, thoroughly washed. Just before it boils, skim carefully. Simmer gently until the meat all falls to pieces. Take out the onion, and the meat and bones. Cool, and the next day remove all the fat, and heat.

Chicken Broth.

JOINT up a chicken, and pour over it two quarts of cold water. Add a very small onion, a quarter of a teaspoonful of salt, and a little white pepper. Simmer gently for three hours, or until the liquor is reduced to a quart. Strain and cool. The next day remove every particle of fat. Add three tablespoonfuls of boiled rice. The onion can be omitted, if preferred.

Toasted Codfish.

TAKE a thick piece of salt codfish a few inches square, and toast on bright coals until both sides are very brown, and the whole is perfectly dry. Lay on a board, and pound until it is ready to fall apart.

Barley Soup.

ONE half pound of lean shin of beef, two heaping tablespoonfuls of pearl barley, one small potato, half a teaspoonful of salt, and a bit of red pepper as large as a kernel of barley, with one quart of cold water. Simmer gently four hours, adding more water, if necessary. Strain, and return the barley to the soup. There should not be more than one pint when done.

Steamed Chop.

CUT most of the fat from a nice mutton chop, and then put the meat on the bone into a glass can. Put the cover on loosely, and set on a trivet in a dish of warm water. Simmer gently, until the meat is quite tender. As soon as the water boils, the cover of the jar should be screwed on. Salt to taste.

Chicken Panada.

BOIL a young chicken half an hour. Remove the skin. When cold, cut off the white meat and pound in a mortar to a paste, adding a little of the water in which it was boiled. Season with salt, and, if desired, a very little nutmeg. Add more of the water, and boil three minutes. It should be as thick as cream.

Eggs.

IN boiling eggs for an invalid, put them on in cold water. When the water boils they are cooked sufficiently.

Dropped Eggs.

BREAK, and put into boiling salted water. When the white stiffens, lift very carefully, and place on a half slice of toasted bread buttered slightly.

Chicken Jelly.

REMOVE the skin from a chicken, and boil until tender. Take the meat from the bones, allowing them to remain in the water and boil longer. Chop the meat fine; season with salt, pepper, celery salt, and a very little mace or nutmeg. When the water in which the chicken boiled is reduced to a small cupful, strain, and mix with the chicken. Put in a mould to harden.

Broiled Squabs.

SPLIT a squab down the back, wash, and wipe dry, and broil over bright coals until thoroughly cooked, being careful not to burn. Season with salt and butter.

Chickens, partridges, quails, and all birds suitable for broiling, should be cooked in the same way.

BEEFSTEAK.

HAVE the steak cut at least three quarters of an inch thick. Dredge with flour and salt, and cook in a double broiler over bright coals for ten minutes, turning constantly.

Mutton chops should be cooked in the same way, being careful not to scorch them.

Broiled Sweetbread.

POUR boiling water over a nice breast sweetbread, and cook five or ten minutes. Split, and wipe dry. Broil in a double broiler over a clear fire until well browned. Sprinkle with salt, and rub a little butter over it.

Chicken Purée.

MASH with a silver spoon the yolk of a hard-boiled egg, until it is in powder. Wet a heaping teaspoonful of powdered cracker with sufficient cold milk to moisten it thoroughly. Mix this with the egg, and then add one third of a cupful of the white meat of cold boiled or roast chicken, chopped very fine. Stir together, and then add one third of a cupful of hot cream. Have ready one cup of hot chicken broth, made as directed on page 31; mix the other ingredients with the broth, and boil two minutes, adding more broth if it is too thick.

Beef Toast.

TAKE a piece of very rare and juicy beefsteak, while it is hot; score with a sharp knife; and squeeze the juice out with a lemon-squeezer, or between two plates, over a slice of hot toasted bread.

Cream Toast.

BOIL one cupful of thin cream. Add a thickening made by stirring one teaspoonful of flour with one tablespoonful of cold milk. Boil until it is as thick as thin custard, stirring constantly. Add a quarter of a teaspoonful of salt. Have ready two slices of bread nicely toasted; dip each in the boiling cream, and pour the remainder of the cream over them after they are placed in the dish.

Crackers may be substituted for bread, but each piece must be dipped in tepid water before putting into the cream.

Oyster Toast.

TOAST a small slice of bread, and put it in a little earthen dish. Pour over it two thirds of a cup of raw oysters, sprinkle with salt and pepper, and put a piece of butter as large as a nutmeg on the top. Set the dish in a hot oven until the oysters are cooked, — it will only take a few minutes.

Oysters in Cream.

HEAT half a cup of oysters in their own liquor; cut out the tough white piece in each. Boil two thirds of a cup of cream with a little salt, and a few grains of cayenne. Add a thickening made by stirring one teaspoonful of flour with a little cold cream. When the cream is smooth and thick, add the hot oysters.

It is an improvement to boil a blade of mace and a small bit of onion with the cream.

Oysters in the Shell.

TAKE unopened oysters, wash and wipe the shells, and place them, deep side down, over hot coals, or on the top of the stove. As soon as the shells open they are done. Remove the upper shell, and season with salt and pepper.

Simple Clam Broth.

HEAT the liquor which comes in clam shells, and add salt and pepper to taste.

Sifted Oatmeal.

BOIL oatmeal two or three hours; then sift, and add salt to taste. It can be thinned with milk, if desired.

Oatmeal Jelly.

SOAK half a cup of oatmeal in one quart of water overnight. Boil in the water in which it has been soaked, for two hours. Add a quarter of a teaspoonful of salt, and strain into a mould.

It should be cooked in a teakettle-pail, or a double boiler.

Dried Flour.

TIE one cupful of flour in a cotton bag; put it in a dish of cold water, and boil for ten hours, adding more water as it boils away. Take out the hard lump of flour, and dry in the sun, or in the drying-oven.

It can then be grated, and used to thicken milk.

Iceland Moss.

WASH a handful of Iceland moss. When clean, drain off the cold water, and pour on one quart of boiling water. Add the juice of two lemons, and one cupful of sugar.

CAUDLE.

BOIL one pint of thin rice gruel, made as directed on page 28, and stir into it gradually the yolk of an egg beaten with one tablespoonful of sugar, and one tablespoonful of cold water, and a wineglass of wine. Add a little nutmeg.

Barley and Milk.

Boil one tablespoonful of pearl barley in one cup of milk, until it is as thick as cream. Add salt or sugar, as preferred.

Barley Water.

Wash one tablespoonful of pearled barley in cold water. Add two or three lumps of sugar, the rind, and half the juice of a lemon. Pour over this a quart of boiling water, and let it stand eight hours. Strain.

KOUMISS.

KOUMISS can usually be bought ready for use, but the formula for making it may be useful when it cannot readily be procured.

Condensed milk	100 parts.
Lactic acid	1 part.
Citric acid	½ part.
Rum or Cognac	15 parts.

Add water sufficient to make one thousand parts, and saturate with carbonic acid. Bottle, and let it stand in a warm room for a few days and it will ferment.

Egg Coffee.

BEAT the yolk of an egg with one tablespoonful of sugar. Pour over it one cupful of boiling coffee. Stir until it thickens slightly. Add boiled milk, or cream, to taste.

Tea can be made in the same way.

Egg Nog.

BEAT the yolk of an egg, and add a wineglass of sherry, and one cupful of new milk. When well mixed, stir in the beaten white of the egg, a spoonful at a time.

A teaspoonful of sugar may be beaten with the yolk of the egg, if desired.

Rice Coffee.

BROWN rice as you would coffee, grind, and for two tablespoonfuls of rice add one pint of boiling water. Keep in a hot place for ten minutes. Serve with sugar and boiled milk.

Flaxseed Lemonade.

MIX the juice of one lemon with as much sugar as it will take up. Add one pint of hot water, and pour the lemonade, boiling hot, on two tablespoonfuls of flaxseed. Let it stand two or three hours.

Flaxseed Tea.

WASH one tablespoonful of flaxseed perfectly clean, and put in a pint pitcher. Fill the pitcher with cold water, and stir occasionally from the bottom.

This is a more agreeable basis for flaxseed lemonade to those who dislike the oily taste which is developed by using hot water.

Orange and Ice.

CHIP a piece of ice into very small bits with a large pin. This can be done easily, by putting the point of the pin on the ice, and pressing steadily for a moment. Fill a tumbler half full of broken ice, and add the juice of two sour oranges, with enough pulverized sugar to sweeten it slightly.

Wine Whey.

BOIL one cupful of new milk, and while hot add one glass of sherry. Boil up once, and strain off the whey. Sugar can be added, if desired.

CHOCOLATE.

SCRAPE fine, or grate, half a small square of Baker's chocolate. Add one tablespoonful of sugar and one tablespoonful of hot water. Stir on the stove until it is smooth, and then add to it one cup of boiling water and one cup of hot milk.

Tea.

SCALD a small earthen teapot, and while hot put into it two teaspoonfuls of tea. Pour on one cupful of boiling water, and let it steep over the teakettle at least five minutes. Add another cupful of boiling water.

In serving English breakfast tea, many persons prefer a slice of fresh lemon in the cup, to cream.

Invalids who are tired of ordinary tea will find this an agreeable change.

Coffee.

PUT two tablespoonfuls of ground coffee into a coffee-pot, or closely covered pail, with the shell of a freshly broken egg and two tablespoonfuls of cold water. Stir together, and then add one cupful and a half of boiling water. Boil gently from five to ten minutes, and then add half a cup of boiling water, and allow it to settle for a few minutes.

SHELLS.

PUT one cupful of shells in one quart of cold water, and place on the stove where it will simmer gently five or six hours. Add more water, if necessary, while it is boiling. There should be about a pint when it is done.

Apple Water.

PARE and slice three large sour apples, pour on two cupfuls of boiling water, and let it stand three hours. Strain, and sweeten with lumps of sugar, and add a bit of ice. The rind of a lemon may be put in with the slices of apple, if desired.

ANOTHER WAY.

Bake two large sour apples, cover with boiling water; when cool, strain, and add sugar to taste.

Toast Water.

TOAST two slices of bread as brown as you can without burning, pour on boiling water enough to cover them. When cold, strain off the water, and sweeten to taste. A little orange or lemon peel may be put in while hot, if desired.

Lime-water and Milk.

PREPARE the lime-water, by pouring a gallon of cold water on a lump of unslaked lime as large as an egg. Let it stand overnight to settle, and then pour off the clear water.

Mix, as required, with an equal quantity of milk.

Cider Jelly.

SOAK a quarter of a box of gelatine in half a cup of cold water two hours. Then add half a cup of hot water, half a cup of hard cider, and half a cup of sugar, and one tablespoonful of lemon juice or a teaspoonful of extract of lemon. Stir until the gelatine and sugar are all dissolved, and strain.

Wine jelly can be made by substituting sherry for cider.

Orange Jelly.

SOAK a quarter of a box of gelatine in enough cold water to cover it, two hours or more. Then add to it the juice of one small lemon, half a cupful of sugar, and one cupful of boiling water. Stir until the gelatine is all dissolved, and set aside to cool. Peel two medium-sized oranges (Florida oranges are best), divide into sections, run a knife along the top of each piece, take out the seeds, and pull off *all* the tough membrane which covers the pulp, leaving the pieces as whole as possible. When the jelly begins to stiffen, fill a mould with alternate layers of jelly and orange.

Rice Jelly.

WASH two tablespoonfuls of rice, and put in a teakettle-pail with four cupfuls of cold water. Cook until the rice is all dissolved. Add lemon juice and sugar to taste, and serve cold.

Ice Cream.

ONE small cupful of cream, one tablespoonful of pulverized sugar, two drops of flavoring extract or a teaspoonful of strawberry juice. Beat with a Dover egg-beater until foamy. Put the cream into a pint pail, and set that in one a few sizes larger. Fill the space between with snow or pounded ice, and fine salt. Turn the inner pail back and forth a few minutes in the freezing mixture. Open and scrape off with a silver knife the cream which has frozen to the sides of the pail. Cover again, and repeat until the cream is sufficiently frozen. A saucer of ice cream can be frozen in this way very quickly.

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